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Addiction research foundation

**it's
my
life**

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LOTS OF PEOPLE TRY TO TELL ME WHAT LIFE IS ALL ABOUT....

THE PURPOSE of this booklet is to stimulate discussion, understanding, and awareness of some of the things that influence our lives.

INDIVIDUAL LEARNING may include answering some of the questions raised by making lists of thoughts, problems, and solutions suggested by the words and pictures.

IN THE CLASSROOM or any other group activity, blackboards or flip charts will be useful aids to listing ideas, defining words and ideas that will come up in discussion.

ADDITIONAL RESOURCES and backup learning materials are available from the nearest office of the Addiction Research Foundation, public health office, school and community libraries, and information centres.



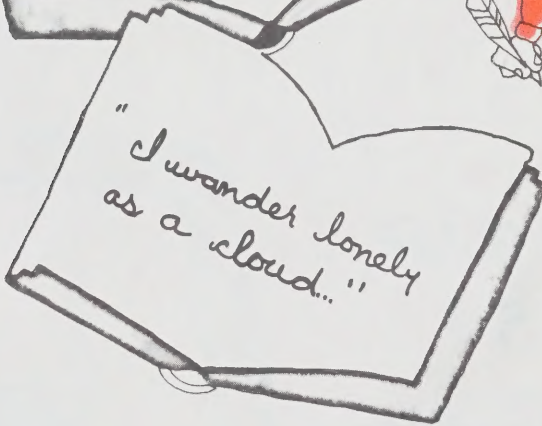
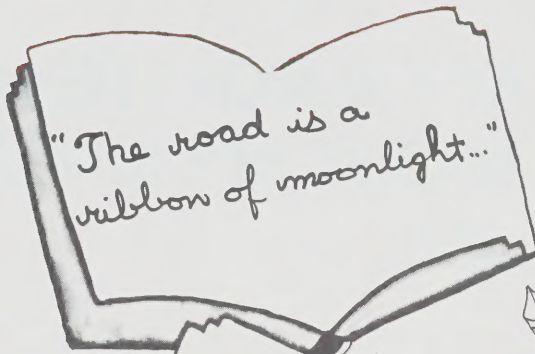
AT CHURCH I HEAR
ABOUT MY INNER
LIFE.

AT SCHOOL I HEAR
ABOUT FACTS I
SHOULD KNOW.

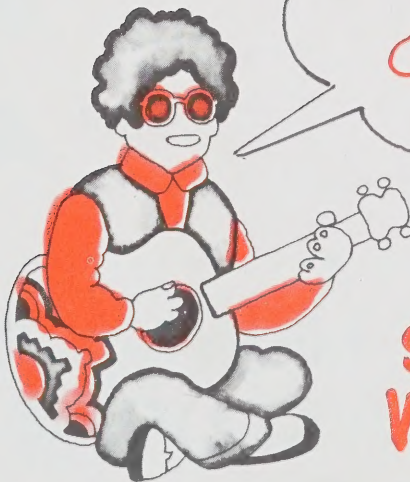


WISE MEN TRY TO TELL
ME WHAT LIFE IS ALL
ABOUT.

SPECIAL PEOPLE LOOK AT LIFE IN SPECIAL WAYS



POETS



**SONG
WRITERS**

PAINTERS.



MANY PEOPLE SAY
THEY HAVE THE ANSWERS.
THERE ARE SO MANY IDEAS, I GET
CONFUSED.

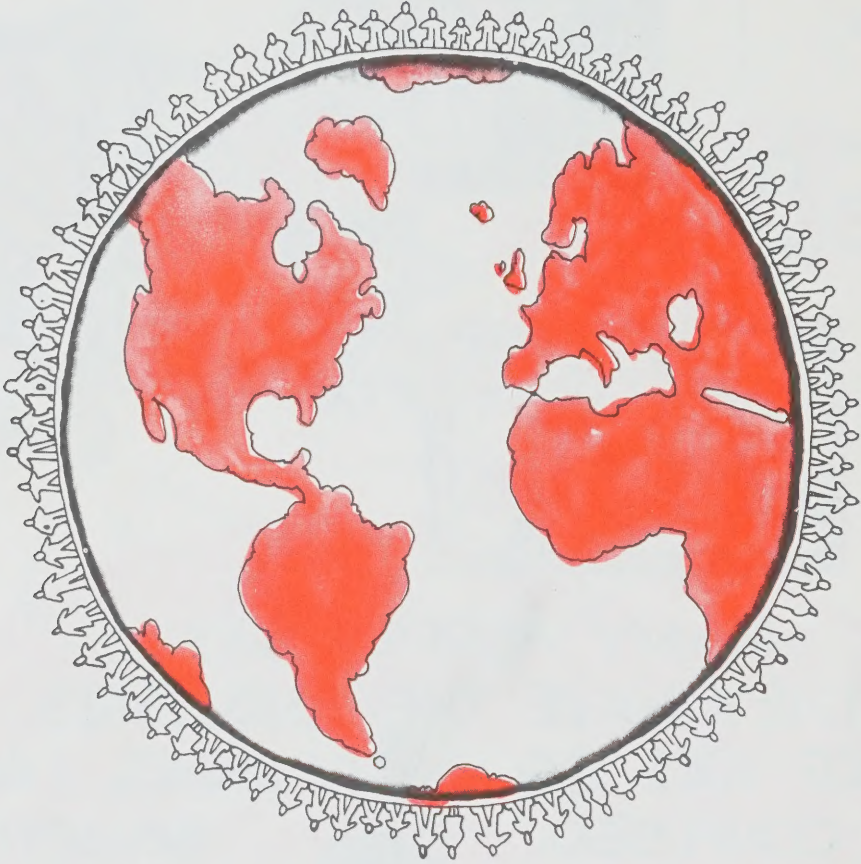


SOMETIMES I
FEEL I CAN'T
LISTEN TO ANY
OF IT.

.....IS THAT AN ANSWER?

HOW ABOUT LISTENING TO EACH
PERSON, AND THEN TRYING TO SORT
IT OUT FOR MYSELF —

FIRST, WHAT DO I KNOW ?



I LIVE
ON EARTH

AND I
AM
SURROUNDED
BY
3½ BILLION
OTHERS.....

...3,500,000,000 PEOPLE
WHO ALL

LAUGH

CRY

GET HUNGRY

FEEL HAPPY

HURT

BREATHE

FEEL SAD

GET THIRSTY

BLEED

SEE

RUN

PLAY

HEAR

WALK

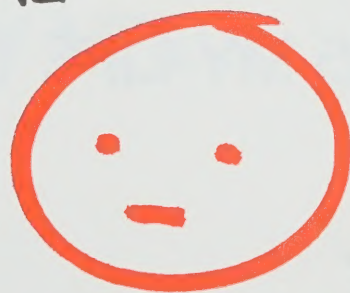
TALK

WORK
AND LOVE JUST LIKE ME



EACH ONE AN INDIVIDUAL

EACH ONE A "ME"



I AM A PERSON —
BUT STILL DIFFERENT.

AM I A PUPPET
ON A STRING?



IS MY LIFE CONTROLLED BY OTHERS.....

LIKE MANY OTHERS

AM I A
SUPERIOR BEING?



AM I A CHARACTER
IN A PLAY?



OR CAN I CONTROL MY LIFE ?

SOMETIMES I HAVE NO CHOICE:



WHERE I WAS BORN



WHO MY PARENTS ARE



8. WHAT I LOOK LIKE

1950

1966

1980

1960

WHEN I WAS BORN

THERE ARE LIMITS ON ME

THE SCHOOL I GO TO
THE THINGS I SEE

THE PEOPLE I KNOW



THE THINGS THAT ARE
AGAINST THE LAW



THE CLOTHES
I WEAR



MY AGE

OTHER PEOPLE



CAN I MAKE CHOICES WITHIN THESE LIMITS?
DO I HAVE ANY FREEDOM AT ALL ?

YES

MANY PEOPLE TALK ABOUT FREEDOM-



WHAT IS FREEDOM?

HAVING CHOICES AND BEING ALLOWED TO
CHOOSE ON MY OWN.

HOW CAN I MAKE THE BEST CHOICE? I CAN ASK MYSELF...

KNOWLEDGE



WHAT DO I KNOW
ABOUT EACH CHOICE?

EXPERIENCE



HAVE I EVER HAD A
CHOICE LIKE IT BEFORE?

VALUES



WHAT WOULD EACH CHOICE
SHOW IS IMPORTANT TO ME?

FEELINGS



HOW DO I FEEL ABOUT
EACH CHOICE?

WHAT WOULD BE THE RESULTS OF EACH CHOICE?



WHAT
WOULD I
DO IF...

MY PARENTS HAVE TOLD ME TO BE
HOME AT NINE. I WANT TO STAY
OUT LATER.



- ① WHAT CHOICES DO I HAVE? _____
- ② WHAT DO I KNOW? _____
- ③ WHAT DO I VALUE? _____
- ④ WHAT ARE MY FEELINGS? _____
- ⑤ WHAT HAPPENED BEFORE? _____
- ⑥ WHAT MIGHT HAPPEN? _____

THE BEST CHOICE IS:

WHAT WOULD I REALLY DO?

I'VE BEEN LEFT HOME ALONE. I WONDER
WHAT'S IN MY PARENTS' LIQUOR CABINET.
WHAT DOES IT TASTE LIKE?

- ① WHAT CHOICES DO I HAVE? _____
- ② WHAT DO I KNOW? _____
- ③ WHAT DO I VALUE? _____
- ④ WHAT ARE MY FEELINGS? _____
- ⑤ WHAT HAPPENED BEFORE? _____
- ⑥ WHAT MIGHT HAPPEN? _____

WHAT WOULD I REALLY DO?

I FOUND A WALLET WITH \$10 IN IT.



- ① WHAT CHOICES DO I HAVE? _____
- ② WHAT DO I KNOW? _____
- ③ WHAT DO I VALUE? _____
- ④ WHAT ARE MY FEELINGS? _____
- ⑤ WHAT HAPPENED BEFORE? _____
- ⑥ WHAT MIGHT HAPPEN? _____

THE BEST CHOICE IS:

WHAT WOULD I REALLY DO?

I CANNOT ALWAYS KNOW ALL THE RESULTS
OF MY CHOICE.

I MAY DECIDE IT IS BETTER TO BE
HAPPY RIGHT NOW AND NOT THINK
ABOUT TOMORROW.



IF I REALLY WANT TO DO
SOMETHING, I WILL HAVE TO
ACCEPT THE RESULTS - GOOD OR BAD.

IF I KNOW WHY I CHOOSE SOMETHING,
AND IF I KNOW WHAT MIGHT HAPPEN,
I CAN BEGIN TO CHOOSE MORE WISELY.

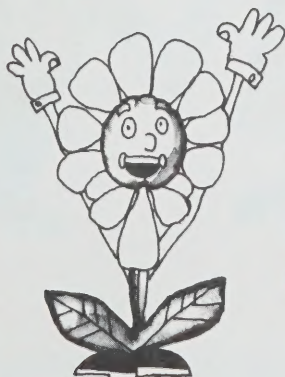
THE MORE PEOPLE TRUST ME TO MAKE
MY OWN CHOICES, THE MORE FREEDOM
I WILL HAVE.



I WILL BE FREE
TO SAY THINGS



I WILL BE FREE
TO GO PLACES



I WILL BE
FREE TO
GROW

IT'S MY LIFE

AND

MAKING CHOICES, MAKING MISTAKES
-AND LEARNING FROM THEM-ARE
ALL PART OF MY LIFE.



HERE'S HOW ONE RENOWNED PHILOSOPHER FEELS:

"Every person born into this world represents something new, something that never existed before, something original and unique. It is the duty of every person...to know...that there has never been anyone like him in the world, for if there had been someone like him, there would have been no need for him to be in the world. Every single man is a new thing in the world and is called upon to fulfil his particularity in this world."

Martin Buber

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HOW DO I FEEL ABOUT THIS ?



life

This ~~Book~~ belongs to

